

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION

JANUARY/FEBRUARY 2022



Staying Safe-Staying Connected

Welcome to 2022! I hope this first addition of the Senior Scoop for 2022 finds you safe and well! The staff at Tukwila Community Center is excited to begin the new year with many offerings to meet your recreational needs. Many of our programs will be provided for free this year with the help of the King County Veteran's, Seniors and Human Service Levy Dollars. Masks and proof of vaccination are required for all our indoor programs per King County mandate.

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TUKWILA TRAILERS WOMEN'S HIKING GROUP

The Tukwila Trailers hiking group is happy to announce that we will be able to provide transportation again for our hikes with a limited number of participants. This group meets Mondays at TCC rain or shine and departs at 8:45am. Please call 206-768-2822 to register.

Price: \$8

January 10 - Spencer Island Natural Wildlife Reserve

January 24- Bridle Trails State Park

January 31- Snoqualmie River Trail

February 7 - Marymoor Park

February 28 - Preston Snoqualmie Trail

OPEN PLAY PICKELBALL

Tuesdays 1:30 - 3:30pm

Thursdays: 9:30 - 11:30am

Players can drop in to play pickleball, make new friends, and have some fun.



OPEN PLAY VOLLEYBALL

Wednesdays- 10:30am - 12:30pm

Back by popular demand! Players can drop in to play volleyball, practice skills, and exercise.

PICKELBALL CLINICS

Beginner

Wed Jan 19th 1:30 – 3:30pm

Wed Feb 23rd 1:30 – 3:30pm

Advanced Beginner

Fri Jan 21 8:45-10:45am

Fri Feb 25 8:45-10:45am

Intermediate

Fri Jan 21 11am-1pm

Fri Feb 25 11am-1pm

Clinics are \$60 per person per clinic Pre-registration Required

FITNESS & WELLNESS CLASSES

FUNCTIONAL STRENGTH TRAINING

Instructor: Jocelyn Shelby, Wednesdays: 8:00 – 9:00am

Learn how to move your muscles to improve posture, balance, core strength, coordination, and range of motion. This class aims to increase energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Instructor: David Kiesel Wednesdays: 10am

Certified Instructor of Tai Chi for Arthritis and Fall Prevention Improve your balance, strength, coordination and breathing with a series of gentle, graceful movements linked together in a continuous, smooth-flowing sequence. Sessions are focused on learning movements and increasing overall health.

SILVER SNEAKERS

Instructor: Suzanne Simmons, Tuesdays: 10:00 – 11:00am / Thursdays: 8:00 - 9:00am

Designed to increase muscle strength, range of movement, and improve activities for daily living. Low impact training suitable for all fitness levels, a chair may be used for seated exercises and standing support. Class can be modified depending on fitness levels.



FREE SENIOR WEIGHT ROOM PASS FOR TUKWILA SENIORS 60+

If you live in Tukwila and are 60 years of age or older you can work out in our Fitness Room for FREE Monday-Wednesday-Friday from 9:30am-12:30pm



FREE VETERAN'S FITNESS ROOM PASS/THANK YOU FOR YOU SERVICE

If you are a Veteran of any age that lives in King County you may obtain a FREE fitness pass good until Dec 31, 2022. This program is sponsored by the King County Veteran's, Seniors and Human Service Levy.

TRIPS/TOURS/EVENTS



BUNCO PARTY



Wednesday, January 12
10am-1pm FREE

Get together with friends during this new month, new year, new beginning. Bunco is a dice game played to see old friends and meet new ones. The game is easy to learn. Come and enjoy lunch, laughter and prizes.

ANGELS OF THE WINDS CASINO

Wednesday, January 26
8:30am-4:30pm \$10

Visit the Friendliest casino in the west as we travel north to test your luck and enjoy their famous strawberry shortcake.

MUSEUM OF GLASS/TEA AND TOUR/TACOMA

Wednesday, February 9
9:30am – 3:00pm \$15

The Museum of Glass in the heart of Tacoma, offering live glassblowing demonstrations and dynamic exhibits. Lunch with be on you own at Point Ruston

SUQUAMISH MUSEUM

Wednesday, February 16
8:15am-4:00pm \$10

Travel across the Sound to Bainbridge Island to visit the Suquamish Museum. Enjoy lunch on your own at the Clearwater Casino, maybe try your luck or tour the many pieces of art displayed on site.

ISSAQUAH VILLAGE THEATER BOOK CLUB



Thursday, March 10
10:30am-4:00pm \$40

Laughter and literature collide when five friends of a cherished book club become the focus of a documentary film. The Book Club Play is a fast-paced smart comedy about books and the people who love them.

Registration

Advanced registration is required for most activities. Many Programs are **FREE** to Tukwila residents as we recover from the Covid-19 Pandemic. Funding is provided through the King County Veterans, Senior & Human Services Levy.

Register by visiting:
www.tukwilawa.gov/signup
or 206-768-2822

BEGINNING WATERCOLOR

Instructor: Marianne Perkins
Fridays, 11:00am-1:00pm

This class is strictly designed for the beginner painter that wants to learn watercolor. We will begin from step one at an easy pace to make sure everyone is feeling confident with their true artistic self. Come laugh, learn and enjoy the experience.

Please note: This class is a two- month class and all students must start the first day or wait until the March session.

SENIOR PAINTING CLASS

Thursdays, 10:00am-noon

Join Marianne Perkins to refine painting skills and learn new techniques. Marianne positively challenges her students in a supportive atmosphere intended to inspire. This class is for non-beginners who have taken a class with Marianne in the past.



Community Services

HYDE SHUTTLE: Need to go shopping? Get a haircut? Visit a friend? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services. Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

TUKWILA HUMAN SERVICES:

The Office of Human Services helps connect Tukwila residents with a broad range of programs to meet a variety of social service needs. Phone: 206-433-7181 or 206-433-7180

Meal Services

DUWAMISH CURB CAFE 11:30-12:30

Healthy lunches available for curbside pick-up or join us **in person each Tuesday**. Please call one week in advance to reserve: 206-768-2822 and press 0. \$3 donation suggested for those 60+, \$6 donation for those 59 and under is required. Masks and proof of vaccination are required for all of our indoor programs.



MEALS ON WHEELS

Are you or someone you know homebound or having difficulty getting meals? We are part of "Meals on Wheels" network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit www.seniorservices.org/foodassistance/mealsonwheels



Self-Care

HEALTHY FEET

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm. Reserve an appointment by calling 206-768-2822. Bring a towel and plan to wear a facemask and show proof of vaccination when entering the Tukwila Community Center. The fee is \$25 by cash or check, paid directly to Mary-Lou.



Inclement Weather



During inclement weather the City of Tukwila may close non-essential city facilities for all or part of the day. Additionally Tukwila Parks & Recreation follows Tukwila school district weather notifications to guide closures and cancellations. Please call for up to date info.